REVAMP App
for Veterans

Quick Start Guide

Overview

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The Remote Veterans Apnea Management Platform (REVAMP) App pairs with your Positive Airway Pressure (PAP) machine and enables you and your Department of Veterans Affairs (VA) sleep care team to track your sleep data. You can use the app to obtain educational information and troubleshooting support about sleep apnea as well as complete questionnaires regarding your sleep health. Additionally, a built-in message system allows you and your VA sleep care team to exchange secure messages.

General Info

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Prerequisites

To use the REVAMP App for Veterans, you must be enrolled in VA health care and receive treatment from a VA sleep care team. Additionally, you must also have access to a Single Sign-On External (SSOe) service: DS Logon, Norton Symantec, PIV, CAC or VA Logon (**NOTE:** the VA Logon option has to be accessed from within the VA network).

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Logging In

A variety of SSOe services can be used to sign into the REVAMP App. Tap **Log Into REVAMP**, and select your credential service provider: DS Logon, Norton Symantec, VA Logon, PIV or CAC. Authenticate to that service, and after logging in with SSOe and accessing the REVAMP Patient Platform, you will be logged into the app. If it is your first time accessing the app you will go to the REVAMP Intake screen (see the REVAMP Intake section for guidance on completing the REVAMP Intake form).

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Getting to Know the Screen

When you log into the REVAMP App for Veterans, you will see a message icon (envelope in upper right corner) and a full app menu or the Menu button (three line icon in the upper left corner). The view of the menu will depend on the type of device you're using (i.e., if you access the app on a computer you will most likely see the full menu, and if you access the app from a mobile device you will most likely see the Menu button). Regardless of the view, menu options include: Home, My Profile, My Sleep Health, Treatment Results, Sleep Testing (only available if you have a home sleep test assigned), Education, FAQ, Messages, Help, About and Log Off. If you have completed the REVAMP Intake process and have a registered PAP device that is transmitting data, you will also see your treatment results from last evening.

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Learning About the App

Either 1) Tap **Help** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Help** and the Help sub-menu will expand. Tap either:

- **Contact Info** – Information for contacting the VA Mobile Solutions Service Desk and what to do if you feel your information may have been compromised.

- **User Manual** – A built-in user manual for the app.

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Additional Information About Sleep Apnea and PAP Machines

Either 1) Tap **FAQ** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear, and tap **FAQ**. The FAQ sub-menu will expand. Tap **Sleep Apnea 101**, **My PAP Unit** or **Troubleshooting PAP Treatment**, and basic information and frequently asked questions on sleep apnea and PAP

machines will appear. For a specific topic, tap the question in the upper left of the screen.

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Logging Off

Either 1) Tap **Log Off** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Log Off**, and you will exit the app. **NOTE:** You will be automatically logged off after 15 minutes of inactivity. A warning will appear to alert you when you have five minutes remaining.

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REVAMP Intake Process

The first time you log into the REVAMP App for Veterans, you will be led through the REVAMP Intake process. This process is designed to confirm your profile information, familiarize you with sleep apnea and REVAMP and allow you to respond to clinical questionnaires. The REVAMP Intake can be completed during multiple sessions, and if you need to leave the app during the process, you will be brought back to the point where you left off.

My Profile

The first step of the REVAMP Intake process is My Profile and is estimated to take five minutes. Read the introductory information on the first screen, and tap **Next**. Proceed through the screens reviewing and updating your personal information if needed, and tap **Next** to move to the next screen. While completing the My Profile section, you will be asked to review your name, email address, address, phone numbers, Social Security Number (SSN) and Date of Birth (DOB). (**NOTE:** The SSN field is read-only and cannot be edited. If your SSN is incorrect, contact a practitioner at your sleep clinic, and request a correction.) Tap **Next** to save and complete the My Profile portion of the REVAMP Intake process.

About REVAMP

The second step of the REVAMP Intake process is About REVAMP and is estimated to take five minutes. Tap the play button to play the About REVAMP video, which will provide a brief explanation of sleep apnea treatment and REVAMP. (**NOTE:** If you encounter an error and the video does not load, tap **Next**). Tap **Next** to save and continue to the third and final step of the Intake process.

My Sleep Health

The third and last step of the REVAMP Intake process is called My Sleep Health and is estimated to take 25 minutes. On the first screen of this step, you will see a list of questionnaires to complete to help your VA sleep care team diagnose your sleep problem. For each of the questionnaires, tap **Next**, and read the instructions and use radio buttons, checkboxes, text box fields and drop-down selectors to complete the questionnaires. Tap **Submit** to save your responses (**NOTE:** After you tap **Submit**, you will not be able to navigate back to change the chosen responses). Once all questionnaires have been completed, submitted and checked off on the list, tap **Next** at the bottom of the screen. A Congratulations screen will be shown thanking you for completing the REVAMP Intake process. You will now have access to the full functionality of the REVAMP App for Veterans.

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Sleep Testing & Questionnaires

Sleep Testing Instruction Video

The app will indicate when a home sleep test is scheduled. If you are viewing the app on a computer and the Menu is already visible (no three line icon is present), the Sleep Testing menu item will be shown and written in red text. If you are viewing the app on a mobile device, a red circle with a white numeral inside next to the Menu button (three line icon in upper left corner) will be visible along with the Sleep Testing menu item shown in red text. To access sleep testing instructions either 1) Tap **Sleep Testing** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Sleep Testing**. You will go to the Sleep Testing screen. Read the instructions, and tap **Select Your Device.** A drop-down menu of home sleep test machine(s) used at your sleep clinic will be shown. Tap your home sleep test machine from the list, and the video for the selected home sleep test machine will be shown. Tap the play arrow to begin the video, and follow the instructions in the video to perform your sleep test. After you perform the test and your VA sleep care team receives your results, the Sleep Testing menu item will no longer be available.

Completing Questionnaires

The app will indicate when a questionnaire is available. If you are viewing the app on a computer and the Menu is already visible (no three line icon is present), the My Sleep Health menu item will be shown and written in red text. If you are viewing the app on a mobile device a red circle with a white numeral inside next to the Menu button (three line icon in upper left corner) will be visible along with the My Sleep Health menu item shown in red text. To access and complete your questionnaires either 1) Tap **My Sleep Health** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **My Sleep Health**. You will go to the My Sleep Health screen. The My Sleep Health screen has instructions for completing the questionnaires and a list of all your assigned questionnaires (excluding those from the REVAMP Intake). Completed questionnaires show the date of completion and cannot be accessed. Incomplete questionnaires are shown in blue. Tap the title of the assigned questionnaire you want to complete, and you will be taken to the questionnaire. Respond to all the questions using the available radio buttons, checkboxes, text box fields and drop-down selectors. The questions and responses shown on some questionnaires will vary depending on your chosen responses. To save your responses, tap **Submit** (**NOTE:** After you tap Submit you will not be able to navigate back to change your chosen responses). You will be taken back to the My Sleep Health screen, and the completed questionnaire will be checked off with the date you completed it and will not be accessible. Repeat the steps above until all incomplete questionnaires are completed. When all questionnaires are complete, the My Sleep Health menu item will no longer appear in red with a red arrow and the My Sleep Health screen will display a message saying you do not have any assigned questionnaires.
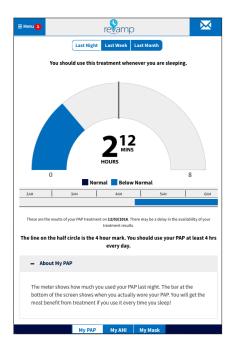
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Treatment Results

The REVAMP App pairs with your Philips or ResMed PAP device and allows you to review data from your PAP device. You can access three types of data: My PAP, My AHI and My Mask in three time formats (i.e., last night, last week and last month).

NOTE: If you see a message stating that REVAMP is waiting to receive the results of your treatment, you may need to contact your sleep center to correct the PAP device information registered in REVAMP. After the device is registered, there may be a delay (up to 24 hours) before results are received.

Viewing PAP Results

To view PAP results from last night, last week or last month, either 1) Tap **Treatment Results** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Treatment Results**. You will go to the My PAP Last Night Screen in The Treatment Results section of the app. Tap **Last Week** to view the results from the last seven night's data is available or **Last Month** to view the results from the last 31 night's data is available. PAP data from last night will be shown as a dial-shaped graph showing the total number of hours you used your PAP device, as well as a 24-hour graph showing the actual times you used the device. The PAP data from Last Week and Last Month will be shown as bar graphs with the filled portion(s) on each graph colored dark blue if the total is at or above the four hour minimum and light blue if the total number of hours is below the four hour minimum.
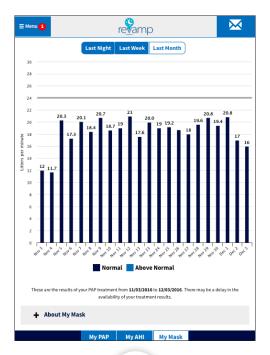

Viewing AHI and Mask Results from Last Night

To view Apnea-Hypopnea Index (AHI) and mask results from last night, either 1) Tap **Treatment Results** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Treatment Results**. Tap **My AHI** and you will go to the My AHI Last Night screen, or tap **My Mask** and you will go to the My Mask Last Night screen. On the My AHI Last Night view, a dark blue smiley face is shown if your AHI was below 10 events per hour (normal), and on the My Mask Last Night view, a dark blue smiley face is shown if your mask leak was at or below the normal 24 liters per minute (L/min). A light blue not-so-happy face is shown if your AHI was at or above 10 events per hour on the My AHI tab or your mask leak was above 24 L/min on the My Mask tab.

Viewing AHI and Mask Results from Last Week and Last Month

To view Apnea-Hypopnea Index (AHI) results from the last week or last month, either 1) Tap **Treatment Result**s from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Treatment Results**, and tap **My AHI**, or **My Mask**. Above the smiley face tap **Last Week** to view the results from the last seven nights or **Last Month** to view results from the last 31 nights. Bars are colored dark blue if their values are normal (below 10 events per hour for AHI and below 24L/min for My Mask) and light blue if their values are not normal (at or above 10 events per hour for AHI above 24L/min for My Mask).
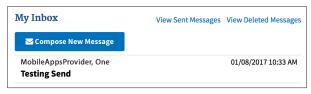

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Messages

Accessing and Reading your Messages

When you have a message to read, a red circle with a white numeral will appear next to the message icon (envelope in upper right corner). The numeral inside the red circle is the number of unread messages you have. To access and read your messages in your inbox either:
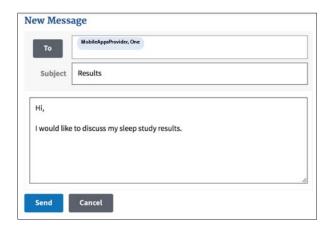
- Tap the message icon (envelope in upper right corner).
- Tap **Messages** from the full app menu (left side).
- Tap **Menu** (three line icon in upper left corner). A drop-down menu will appear, and tap **Messages**.

You will see a list of your received messages with their titles, senders and the dates and times they were received. Unread messages will be in blue. Tap any message in the list to read the content of the message. After reading a message, you may tap **Delete** to delete the message or **Reply** to respond to it. Tap **Back to Inbox** to return to your inbox without replying or deleting messages.

Sending a Message

From the My Inbox screen (see the Accessing and Reading your Messages above for instructions), tap **Compose**. A Compose Message box will appear. Tap **To**, and a list of clinic providers will appear. Tap the names of the sleep care team members you wish to send a message. Checkmarks will appear next to the name(s). Tap **Select**, and those you selected will be on the To line. Tap the **X** next to a name if you wish to remove that person. Type in the subject and main message in the text fields. Tap **Send**.

New Message

| To | MobileAppsProvider, One |
| Subject | Results |

Hi,

I would like to discuss my sleep study results.

Send   Cancel

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Help and Additional Information

Additional training materials for the REVAMP App for Veterans A built-in user guide is available in the app by either

1) Tap **Help** from the full app menu (left side), or 2) Tap the **Menu** button (three line icon in upper left corner), and a drop-down list of the menu options will appear. Tap **Help** > The Help sub-menu will expand > Tap **User Manual**. More resources, such as a Quick Start Guide, Slideshow and FAQs, can be found on *mobile.va.gov/appstore*, and search for the app to access the resources.

Help Desk Information If you need assistance with the REVAMP App, dial 1-877-470-5947 to speak with a Help Desk Representative. The Help Desk is open Monday - Friday from 7 a.m. to 7 p.m. CST. For TTY assistance, dial 711. For clinical questions regarding your personal medical information, please contact your VA care team.

Emergencies If you feel that your information may have been compromised, contact your local VA facility to obtain the contact

information for your Privacy Officer. To locate your local VA facility, visit VA's Facility Locator: *http://www.va.gov/directory/guide/home.asp?isflash=1*. Note that you should never use this app in an emergency situation. If you encounter an emergency, call your local medical center or dial 911.

DS Logon Help: If you have questions about your DS Logon account, visit *mobile.va.gov/dslogon* or dial 1-800-983-0937 for assistance.